

Do you have long term pain?

Don't understand what's happening?



Maybe we can help

Learn more about persistent pain and what you can do for yourself at a two-hour education session.

What is the Pain Education Session?

The Pain Education Session is for anyone who has had persistent pain for 12 weeks or more. The session will give you a better understanding of your pain to help you manage your condition more effectively in the long term.

What does it involve?

We cover the following topics:

- ▶ What is physical pain
- ▶ Managing your activity
- ▶ Managing stress
- ▶ Sleep
- ▶ Managing flare-ups

How will it help me?

The session is an introduction to help you develop ways of dealing with your pain and should allow you to:

- ▶ Learn more about your pain
- ▶ Learn how to better deal with stress
- ▶ Learn how to manage your activity better
- ▶ Learn ways to enjoy life more

Who will be there?

A trainer, who has long term pain themselves, a volunteer and a small group of other people with pain.

How long does it last?

The session lasts for 2 hours with a small break in the middle.

Where does it take place?

Classes will be held once a month at:

Clydebank Health Centre (2nd Wednesday of each month 5:00–7:00pm) and
Easterhouse Health Centre (last Thursday of each month 10:00–12noon).

What do you need to do now?

For more information or if you would like to attend a Pain Education Session, call

0141 355 1493 You **MUST** phone this number to book a place at the class